

EFFICACY OF LONG-TERM BRONCHODILATOR THERAPY IN PATIENTS WITH CHRONIC OBSTRUCTIVE BRONCHITIS

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Summary

The aim of this study was to evaluate the efficacy of long-term bronchodilator treatment with inhaled anticholinergic agent, β_2 -agonist, oral theophylline and combined therapy in patients with chronic obstructive bronchitis (COB). 98 patients with COB I, II, III stages (32 females and 66 males, mean age $54,85 \pm 1,09$ years, mean duration of disease $12,73 \pm 0,65$ years) were allocated into seven groups, depending on a basic bronchodilator therapy. Physical examination, lung function tests (FEV_1 , FVC, FEV_1/FVC , PEF) and six minute walk test (6MWT) were carried out before and after 6 month therapy. The results suggested that the long-term bronchodilator therapy with ipratropium bromide and different combinations of a short-acting β_2 -agonist, an anticholinergic drug, and theophylline was more effective (based on FEV_1 improvement) than therapy with only β_2 -agonist or theophylline in patients with COB. The long-term bronchodilator therapy decreased clinical symptoms, prevented progression of airflow limitation and improved exercise tolerance in patients with COB.